

LEFT BANK, A FORMER BANK OF IRELAND BRANCH WAS CONSTRUCTED IN 1870 TO A DESIGN BY SANDHAM SYMES. THE BUILDING WAS A PURPOSE-BUILT BANK AND FACILITATED THE RELOCATION OF THE BANK OF IRELAND FROM NO. 10 THE PARADE, WHICH IT OCCUPIED FROM 1835 TO 1871.

THE PROMINENCE OF THE BUILDING IS INCREASED BY SANDHAM SYMES'S DECISION TO ORIENTATE ITS FRONT FAÇADE ON THE PERPENDICULAR TO THE PARADE SO AS TO FACE NORTH-WEST DOWN HIGH STREET. AS A CONSEQUENCE, THE BUILDING TERMINATES THE EAST END OF HIGH STREET AND FORMALLY TURNS THE CORNER ONTO THE PARADE.

OUR KITCHENS ARE OVERSEEN BY OUR EXECUTIVE CHEF DAWID WASIEL, WHO ENSURES EVERY DISH IS PERFECT & HIS ETHOS IS THAT THE BEST MEALS START WITH THE VERY BEST OF INGREDIENTS. WHEREVER POSSIBLE HE WILL SOURCE THE FINEST LOCAL, NATURAL, ORGANIC & SEASONAL INGREDIENTS, WITHIN AN 80KM RADIUS OF THE PROPERTY.

HIS FRENCH, CLASSIC, GENEROUS, DEEPLY FLAVOURSOME DISHES DISPLAY TRUE TECHNICAL PRECISION, AS WELL AS A CLOSE RELATIONSHIP WITH THE SOURCE OF EVERY INGREDIENT, BE IT FISHERMAN OR GARDENER.

OUR CHEESE SELECTION CELEBRATES THE REMARKABLE REBIRTH OF IRISH CHEESES FROM SMALL FARMS ALL OVER THE COUNTRY.

OUR IN- HOUSE BAKER PRODUCES ALL OUR BREADS & CONFECTIONARY.

WE HOPE YOU ENJOY YOUR DINING EXPERIENCE HERE WITH US IN LEFT BANK.

LEFT
BANK



S M A L L B I T E S

SOUP DU JOUR 9

local organic seasonal ingredients, homemade treacle brown bread
(add a cup of soup to your meal for €6)

LEFT BANK'S CREAMY FISH CHOWDER 15.95

Atlantic fish, fresh mussels, prawns, crunchy fennel,
homemade treacle brown bread

GOLDEN FRIED FRESH CALAMARI 15

fresh calamari, tossed in garlic & chilli, dressed in river field
leaves, sweet chilli & mango aioli

WINTER FETA SALAD 14.5 ✓

whipped feta, red onion, avocado, rainbow radish, roasted
golden beetroot, toasted hazelnuts, blueberry vinaigrette
(add cajun chicken €5)

SLOW COOKED PORK CHEEK 15.5

gremolata, pickled fennel, pork jus

LB'S STICKY WINGS 15.95

crispy free-range chicken wings with a choice of Louisiana
hot sauce, honey & mustard or sticky BBQ sauce, stem celery, cashel blue cheese dip

CHARCOAL GRILLED WILD SARDINES 11

sweet paprika, lemon & chilli, crispy bread or baby potato, chimichurri mayo

STUFFED SWEET POTATO 10

whipped feta, toasted walnuts & sage pesto

ARMAGNAC CHICKEN LIVER PARFAIT 14

house baked brioche, Mooncoin Beetroot & horseradish relish, cranberry mousse

Allergen information available at service station



B I G G E R P L A T E S

PAN SEARED FILLET OF ATLANTIC HAKE 22

Pan seared fillet of Atlantic hake, grape & tarragon velouté, roasted baby potatoes, garlic, fresh red chilli, fried squid, broccoli

LEFT BANK BURGER 20.5

homemade ground chuck & brisket patty, pickled gherkin & red onion salad, bacon, Knockanore red cheddar, iceberg, mustard dressing, five seeded bun, served with home cut fries

CRISPY BEER BATTERED KILMORE DAILY CATCH 19.9

garden peas & bacon, remoulade sauce, home cut fries, citrus

ROTISSERIE HALF CHICKEN 19.5

herb roasted free range chicken, classic caesar salad, home cut fries, roasting pan jus, French mustard glaze

CHOU FARCI SAVOY CABBAGE 19

savoy cabbage stuffed with quinoa, fennel, carrot, golden beetroot, five spice herbs with French onion, green oil

RACK OF BABY BACK RIBS 20

natural spice marinade, barbeque glaze, char-grilled corn on the cob, home cut fries

PULLED BEEF BRISKET SANDWICH 20.95

slowly braised beef brisket, gherkin & jalapeno salad, rocket, crispy onions, rustic ciabatta, fries

SAVOURY COTTAGE PIE 19

(AVAILABLE UNTIL 5PM)

fresh ground Paddy Kenna's topside beef, combined with fresh herbs & vegetables, topped with mashed potato, roasted seasonal vegetables



Allergen information available at service station
most of our dishes can be prepared gluten free

S A M B O S & W R A P S

AVAILABLE UNTIL 5PM

GREEN GODDESS CHICKEN BLT 13

smoked bacon, smashed avocado, chicken, beef tomato and gremolata ranch dressing served on sourdough bread

CHICKEN CORONATION WRAP 12.5

breast of cajun spiced chicken, mild curry mayonnaise, toasted almonds, baby rocket, shredded carrot & beetroot

CAPRESE OPEN FACED SANDWICH 12.5

mozzarella, beef tomatoes, sundried tomato & chilli hummus, aged balsamic glaze, rosemary & sea salt foccacia

CLASSIC CAESAR WRAP 13

roasted chicken breast, homemade caesar dressing, smoked bacon, parmesan, cos lettuce

S I D E S 5

HOME CUT FRIES

SWEET POTATO FRIES

RED & WHITE CABBAGE & APPLE SLAW

ORGANIC RIVERSFIELD LEAVES, VINAIGRETTE DRESSING

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S W E E T S

VANILLA BEAN CLASSIC CRÈME BRÛLÉE 9

raspberry & golden syrup cookie

CHEESECAKE OF THE DAY 9

homemade, seasonal produce (ask your server)

CHERRY & APPLE CRUMBLE 9

crème anglaise

FIG & PLUM PAVLOVA 9

mulled wine sauce

SALTED 55% CHOCOLATE TART 10

fresh berries, cherry ice-cream

ICE-CREAM SELECTION 8.9

Selection of ice-creams: pistachio, papaya, coconut,
seasonal fruits

STICKY TOFFEE PUDDING 9

whiskey ice-cream

C O F F E E / T E A

AMERICANO 3.5

CAPPUCCINO 3.9

LATTE 3.9

FLAT WHITE 3.9

HOT CHOCOLATE 4

MOCHA 4.5

ESPRESSO 3.2

DOUBLE ESPRESSO 3.5

MACCHIATO 3.7

TEA 3.5

(breakfast tea, camomile, peppermint, ginger & lemongrass,
rooibos, earl grey & green tea available)

LIQUER COFFEE 9

(Irish coffee, Bailey's coffee, French coffee or
Calypso coffee available)

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H O U S E R E C O M M E N D E D W H I T E



VENDEMMIA, I.G.T. VENETO, PINOT GRIGIO – ITALY

delicate light bodied pinot grigio with a touch of class €8/32

DOMAINE DE LA MADONE, PICPOUL DE PINET – FRANCE

A lively, textured palate has a great freshness and flavours of grapefruit, lime, peach and melon. €8/32

THE LAST SHEPHERD, SAUVIGNON BLANC – MARLBOROUGH, NEW ZEALAND

dry but luscious, there's a fine symmetry between the heady richness and zesty freshness, with fleshy, exotic mango on the palate countered by energetic acidity. €9/€36

LA SERRE, CHARDONNAY – FRANCE

from Languedoc-Roussillon Region. Elegant wine combining roundness and freshness, aged in stainless steel tank to preserve fruity aromas. €8/32

PETH WETZ, UNFILTERED RIESLING, RHEINHESSEN – GERMANY

notes of lemon and grapefruit with some pear too, this wine has a weight and just a hint of sweetness, delicate but with plenty of flavour. €9/36

CINCO ISLAS ALBARINO, BODEGAS CHAVAS, RIAS BAIXAS – SPAIN

Masterpiece from the Rías Baixas that captures the essence of the Atlantic this Albariño is caressed by sea breezes and sun throughout the day, characteristics that give it a unique and exceptional character. €10/40

LUNAE 33, SAUVIGNON BLANC, IGP ATLANTIQUE – FRANCE

Pale yellow color with green highlights. Intense nose of boxwood and broom with citrus notes when stirred. Elegant and tangy on the palate, the flesh is tender and persistent, blooming with floral and citrus aromas.
€8.3/33

Extensive wine list available on request. Please ask your server

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H O U S E R E C O M M E N D E D R E D



TERRE FORTI, NERO D'AVOLA, SICILY – ITALY

This Nero d'Avola from Sicily has an intense, jammy nose of ripe red fruit and blackberries. €8/32

LES COCHES, J. MOREAU & FILS, MERLOT – FRANCE

Purplish red tinged with ruby.
a seductive bouquet of black and red fruit, combined with discreet notes of under-wood and liquorice., open and balanced with notes of liquorice and strawberry, and a well-rounded finish hinting on jam. €8/32

SANTUARIO, MALBEC MENDOZA – ARGENTINA

Grown in the Santa Rosa and Maipu subregions of Mendoza,
Soft and rich unoaked red with low acidity, gentle tannins
and jammy hints of ripe blackberry, molasses, sweet cherry
and smoky bacon. Great intensity, character and length. €8/32

DRIFTING, CABERNET SAUVIGNON, LODI – CALIFORNIA

Black currants, raspberry and dark cherry flavors find themselves soaring amongst the toasted oak that produce this smooth and flavorful Cabernet Sauvignon. €8/32

RAMON BILBAO RIOJA, CRIANZA – SPAIN

Classic, accessible Crianza Rioja with an intense nose of wild black fruits, liquorice and warm spicy notes of nutmeg, vanilla and cinnamon. As it passes through the palate, it's noticeably tasty and balanced, with a good acidity and perfectly integrated tannins. Toasty notes are evident straight after the first sip. €8.5/34

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H O U S E R E C O M M E N D E D R O S E



VINA REAL, ROSADO – SPAIN

an attractive pale salmon pink Rioja rosé crafted from Viura and Tempranillo grapes. This is an aromatic wine, the nose revealing floral aromas along with peach, apricot and background notes of strawberry and citrus. €8/32

DOMAINE LAFAGE 'MIRAFLORS' ROSÉ

A lovely rose from the Languedoc – Rousillon region of Southern France with its unmistakable frosted long bottle. Pale salmon colour. A refreshing and mineral wine. Lively on the mouth with red fruits and fresh spices, round and crisp on the finish. €9/36

H O U S E R E C O M M E N D E D P R O S E C C O



CASA GHELLER G, VALDOBBIADENE PROSECCO SUPERIORE – ITALY

gorgeous, floral and peachy aromas, following through on the palate with citrus and melon hint, outstanding example of prosecco €9.5/45

N O N A L C O H O L I C W I N E



Nozeco Red – Merlot €6.5

Nozeco White – Chardonnay €6.5

Torres Natureo 0.0 – Rosé €6.5

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